

A glass jar filled with a vibrant green smoothie, garnished with a fresh cucumber slice and a lemon wedge. The jar is placed on a wooden cutting board, surrounded by several other cucumber slices. The background is softly blurred, showing a white cloth and a blue napkin. The overall scene is bright and fresh, emphasizing the natural ingredients of the smoothie.

HYDRATING CUCUMBER SMOOTHIE

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Prep time: 5 Minutes

Cook time: N/A

Servings: 4 People

INGREDIENTS:

1 Long English Cucumber

2 cups pineapple

2 cups kale

1 tsp. peeled & grated fresh ginger

2 cups freshly squeezed orange juice

1 cup ice

DIRECTIONS:

Dice pineapple, cucumber & kale. Place all ingredients in a blender and blend on high until well blended. Pour smoothie into your favorite cup. Garnish with a cucumber slice & lemon.

CHEF'S TIP:

For additional health benefits, add aloe vera juice! Or how about adding some chia seeds for a little extra flavor.